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# South Valley



## RULE OF THREE

Runner who holds two world records wants a third for her other triplet P2

A supplement to the Gilroy Dispatch & Morgan Hill Times

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**THE CHARM** Ann Marie Cody broke the world record for running a half-marathon pushing a triple stroller—twice. She and her triplets are looking to break the record for a 10k at Morgan Hill's Wildflower Run.





# TRIPLE CROWN

Mom of triplets eyes her third world record at Wildflower Run

BY WALLACE BAINE

PHOTOGRAPHS COURTESY OF ANN MARIE CODY

**T**he first rule in having triplets is that you better have three of everything. Apparently, that even includes world records.

Ann Marie Cody is already in the Guinness Book of World Records—twice. But as the mom of triplets, for the sake of harmony in her family and in the universe, she needs that third one.

Cody (and her triplets) will be shooting for that new world record at Morgan Hill's Wildflower Run at Live Oak High School on Sunday, March 31. The official record she will shooting for is, in the vernacular of the U.K.-based Guinness organization: Fastest Time to Complete a 10K Pushing a Triple Pram (Female). For us Yanks, a "pram" is a baby stroller.

Cody, 37, already holds the record for best time in a marathon and a half-marathon pushing the triple stroller that she and her husband playfully call "The Tank." The 10K record is all that's left for the trifecta, and an official Guinness certification for each child.

Most people are probably unaware that there are rules for records involving running with a triple stroller. First, the stroller must actually include three live humans. Cody got that part covered when she gave birth to two sons and a daughter in November 2016—although, officially, the riders don't have to be triplets, or your own children, or even children at all. The stroller has to be a commercially produced and available stroller—no souped-up customized jobs—with three seats abreast. The Tank measures almost → 4





**SNOOZE CRUISE** When it comes to naptime, Ann Marie Cody's triplets prefer their running stroller to their cribs.

four feet across, which becomes unwieldy when Cody is running among hundreds of single stroller-less runners. And she somehow has to go from starting line to finish line in less than 49 minutes and 17 seconds, the current record.

Cody said that she hasn't competed in a race with the triplets in almost a year, which gives her some uncertainty whether she'll beat the record on Sunday. "I'm unsure. If this were last year, I'm pretty sure I would get it."

In her preparations, she has noticed that the triplets are gaining weight—they range from 22 lbs. to about 35. "There's a little doubt," she said. "I mean, I've never run sub-49 (minutes, in a 10K) before. Am I literally fast enough? I don't know. Will anyone have a little disaster in the stroller? We could also get there and there would be a lot of wind, which could totally prevent us from getting the record."

In her past races, Cody ran to raise funds for programs that help babies born prematurely. On

Sunday, her designated charity will be the American Association of University Women (AAUW), which is the race's official sponsor. The run raises money for scholarships for girls and women through the AAUW. The race includes 5K and 10K courses, and a 2K course for children and seniors.

Cody and her husband live in Sunnyvale and she works as an astronomer at NASA's Ames Research Center in Mountain View. Before the birth of her children, she preferred trail running and orienteering to road running. Then came the triplets, who were born two months premature. The recovery was long and tough. Looking for some way to get back to a normal routine, she saw a news story of another mom who established a new record running a half-marathon pushing a triple stroller.

"Her time was not super competitive; she stopped halfway to do a diaper change," said Cody. "I thought then, maybe I had it in me, if I could get back to running. →6



**FINISHING STRONG** Ann Marie Cody and her triplets cross the finish line at a half marathon in Fresno.

So I had this far-off dot of an idea motivating me."

In 2017, she got her half-marathon record, though someone else later bested her time. So she had to break the record a second time. In March 2018, in Modesto, she snagged the record for a full marathon. "The only distance left is the 10K," she said.

In the process of chasing her Guinness triple crown, Cody has learned a few things. She has to find races that will let her be in the front at the starting line; negotiating a mass of runners/walkers in front of her is too big an obstacle. She ties strings to anything that her three children might throw out of the stroller so she doesn't waste time stopping to pick up the stray shoe or food wrapper. She asks the official observers who are with her when she's challenging a record to help with clean-up.

She allowed that Sunday's race might be her final attempt at a world record with the triplets. But it won't be the last time that she'll be running behind The Tank. Her kids, as it turns out, do not like to nap in their cribs at home. "They

hate it," she said. "They just refuse to do it." The stroller is another story. A few minutes rolling down the road with Mom behind them, and they're in slumberland. So, the runs will continue.

"Until they stop taking naps altogether," she said, "this is our only solution."

### 36<sup>th</sup> annual AAUW Wildflower Run

Sunday, March 31. Start times: Children's 2K at 8:30pm 10K at 9am. Seniors' 2K at 9:15am. 5K at 9:30am. Packet pick-up and registration Saturday, March 30 at BookSmart, 421 Vineyard St., Morgan Hill, 10am to 2pm, or at the event.

Live Oak High School, 1505 E. Main Ave., Morgan Hill.

For details and registration, visit [wildflowerrun.org](http://wildflowerrun.org)